

STUDENT ATHLETE HANDBOOK



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Introduction

The Knight High School Student Athlete Handbook is a reference guide for student athletes and parents concerning the policies that govern interscholastic athletics at Knight High School.

Sound reasoning, good judgment, and adherence to the school's core values—Positive, Respect, Integrity, Discipline, and Excellence—will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Participation in Knight's athletic program is voluntary. Thus, competition in high school athletics is a privilege and not a right. With this privilege, the student athlete is expected to conform to the high standards of the athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the spirit of the rules, policies, and procedures.

Knight High School athletic programs are governed by federal and state law, California education code, Antelope Valley Unified High School District Policy, CIF Southern Section bylaws, and the Golden League policies and procedures.

Philosophy of the Knight High School Athletic Program

Knight interscholastic athletic competition strives to demonstrate high ethical standards and sportsmanship. Knight believes the highest potential of sports is achieved when participants are committed to pursuing victory with honor according to five core principles: positive, respect, integrity, discipline and excellence. This Code applies to all student athletes, coaches, parents, and staff.

All Knight athletic programs must be congruent with Knight High School's academic goals and objectives established for the intellectual, physical, social, and moral development of our students. Knight teams place academic achievement as the highest priority. We show respect for teammates, opponents, officials, and coaches, as well as the integrity and judgment of game officials. Knight exhibits fair play, sportsmanship, and proper conduct on and off the playing field both by adhering to the established rules and standards of the game to be played, and by refraining from the use of profanity, vulgarity, and other offensive language and gestures. We maintain a high level of safety awareness through respect for and use of all appropriate equipment and use it safely and appropriately. Knight athletes refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, or any substance to increase physical development or performance.

Academics

The Athletic Department academic philosophy is to be in sync with the academic mission statement of the school: to produce lifelong learners. We are committed to developing the scholar-athlete, and understand that the most important task is to prepare the student for their participation in community as a contributing member of our society, as a citizen with responsibility. It is from sport that our student-athletes can find additional important lessons about goal setting, sacrifice, establishing a plan, persistence, perseverance and ultimately accomplishing the goal of graduation, with skills that will open other doors.

- Student athletes are expected to graduate with a high school diploma.
- They are expected to seek help from their teachers, study-buddies, coaches and counselors.

- Student athletes are expected to be a responsible member of each class, by punctually attending class, taking notes, cooperating with classroom rules, doing their homework, preparing properly for class and participating in classroom activities. At no time is practice or games to be used as an excuse for not “getting the job done” in the classroom.
- Student athletes are expected to meet with their counselor and set up a four year plan that will prepare them for the four year experience.
- Academic integrity and honesty should always be exercised. Copying, or plagiarizing or cheating is never to be allowed.
- Assist your child to have disciplined time management and organization.
- Emphasize that we are here for academics first. Participating in practice or games means doing homework/project/test preparations in the evenings and on weekends.
- Ultimately, having a four-year goal they are striving to achieve, maintaining a good GPA, meeting A-G requirements, and taking rigorous courses will help the student athlete meet his/her goals. The effort and time put into practice should also be exerted in the classroom. The lifelong benefit of having a skill to compete in today’s academic and work place is only realized with planning, sacrifice, and perseverance.

Academic Probation Policy

The intent in establishing an academic probationary system is to alter self-destructive student behavior or attendance problems in a positive direction and keeping student athletes on track for graduation while simultaneously providing for full student participation in extra-curricular activities.

To be eligible for athletic participation, a student must have met the following grade requirements during the previous grading period.

1. Maintain at least a 2.0 average on a 4.0 grading scale for the preceding grading period. Each course in which the student is enrolled will be used in the calculations of the grade point average during the period of attendance. All incoming freshmen shall have first quarter as a probationary period to become eligible or ineligible.
2. Enroll and maintain passing grades in at least four subjects in each grading period of which only one subject may be physical education.
3. Maintain minimum progress toward meeting the graduation requirements of the District, which is defined as passing a minimum of 20 credits, with a 2.0 average on a 4.0 grading scale during the previous grading period.

Ineligible students shall be helped to regain eligibility by offering them counseling, tutoring and/or other appropriate help. The Superintendent or designee may grant ineligible students a probationary period of not more than one semester. Students granted probationary eligibility must meet the required standards by the end of the probationary period in order to remain eligible for participation.

If a student decides to apply for an extra/co-curricular academic probation, the following process shall be followed:

1. Students may receive Academic Probation one time during their 9th or 10th grade school years and one time during their 11th or 12th grade school years.
2. Students may receive Academic Probation at the Quarter or Semester grading period.
3. A student wishing to apply for Academic Probation must have at least a 1.33 grade point average and no more than two F's.
4. A student wishing to use his/her Academic Probation is required to attend an Academic Intervention meeting with their parent/guardian within ten school days of the grading period. At the Academic Intervention meeting, the student and parent enter into a contract with the coach/advisor, the Athletic or Activity Director and a Vice Principal. Probation progress will be reviewed by the Vice Principal of Athletics and Academic Probation may be revoked if adequate progress is not being made.

A student who is granted probation will

- be monitored by their respective athletic coach for the term of the grading period.
- present to the coach weekly tutoring sheets signed by each teacher.
- earn a 2.0 or higher grade point average by the end of the grading period.

Academic Ineligibility

Students who are below a 2.0 grade point average and not eligible for academic probation are academically ineligible.

The period of eligibility/ineligibility are as follows:

1. The period of eligibility/ineligibility must be of the same duration (quarter, semester).
2. The period of eligibility/ineligibility will begin on the sixth calendar week day of the grading period.

Any student who is ineligible due to any of the criteria above shall be ineligible to practice, perform, or participate in any way until the next grading period when the minimum eligibility requirements are met. However, when students are enrolled in a class related to the co-curricular activity, they may continue to attend and participate in the regularly scheduled class.

Going Out For a Sport & Athletic Clearance

Each student must have clearance in order to participate in sports. Students can pick up an Athletic Packet (*physical examination/parent authorization form and instructions to register on Home-Campus at athleticclearance.com*) in the Athletics Office. A physician and parent must sign the physical examination/parent authorization form. Students must **TURN IN** the physical examination/parent authorization form to the Athletic office to complete the athletic clearance process. Please allow 48 hours for paperwork to be processed. You will be notified via email when your student-athlete is fully cleared to participate in sports. Students must have a current physical exam and a minimum 2.0 GPA every quarter. Physicals are considered current for one year from the date of the physical and can be used for multiple sports. You must submit transfer papers to the Athletic office, if you have not attended Knight from the start of your high school career.

Athlete's Code of Ethics

Athletics is an integral part of the school's total educational program. All school activities, curricular and co-curricular, in the classroom and on the playing field, must be congruent with Knight High School's goals and objectives established for the intellectual, physical, social, and moral development of our students. It is within this context that the following Code of Ethics is presented. As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials, and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship, and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal, and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character; lose with dignity.

Hazing

Events have made it necessary to clarify and articulate the policies regarding HAZING. As defined by the California Education Code, HAZING includes any method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, but the term "hazing" does not include customary athletic events or other similar contests or competitions. Additionally, the following refers to California Education Code Section 32051:

No student, or other person in attendance at any public, private, parochial or military school, community college, or other educational institution, shall conspire to engage in hazing, participating in hazing, or commit any act that causes or is likely to cause bodily damage, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution.

The violation of this section is misdemeanor, punishable by a fine of not less than one hundred (\$100), nor more than five thousand (\$5,000) dollars, or imprisonment in the county jail for not more than one year or both.

Please be aware that there are legal ramifications if students engage in activities that can be considered hazing.

Bullying

Players may face school consequences, including suspension, for

- committing sexual harassment
- bullying or cyberbullying another person
- causing, threatening to cause, or participating in an act of hate violence
- engaging in harassment, threats or intimidation
- terrorist threats against school officials or property

If the bullying behavior significantly disrupts the school environment the school shall intervene even if the bullying originated outside of the school environment, this also includes:

- Cyberbullying
- The use of any type of electronic device and information, such as e-mail, instant messages, text messages, mobile phones, and websites used to send or post harmful or hurtful messages or images about an individual or a group.

Reasons for Non-Participation

The following is a list of reasons why a student athlete may not be allowed to participate in a practice or game. This list is not exhaustive.

- A lack of ability or inability to grasp and execute the concepts/plays that a coach is trying to impart.
- Any situation which would impair the safety of the student-athlete, such as an injury, may also impact playing time.
- Included in this list of reasons, is an attitude that is detrimental to the overall team spirit/morale, by either the athlete or their parent.
- Any violations to team or school policy can also preclude a student-athlete from playing, or from playing time.
- Academic ineligibility is also a reason as to why a student-athlete would not be allowed to compete.
- Please note that the high school level is a competitive one. Knight High has some of the best athletes in the area and in our division. Talent and preparation, as well productivity, are key components to getting playing time.
- Playing time is based on practice, attitude, ability to produce, and adherence to team rules, including a positive attitude.
- It is appropriate for the student-athlete to ask the coach why he/she is not playing, and what he/she should do to improve.

Dismissal from team if not complying with any of the above listed guidelines, is the final option for repeat offenders of gross violations. Violations will be dealt with in a progressive manner. Continued refusal to abide by team policy may result in the student athlete being suspended or dismissed from the team. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

Locker Room Conduct

Student's security and safety in the locker rooms facility are priority of the coaching staff. Each student-athlete is expected to assist in keeping the area clean, safe and secure.

- Lock and secure your possessions at all times. Do not share lockers or combinations with anyone.
- Horseplay is absolutely not allowed. Injuries and/or bad feelings may result from rough housing.
- Clean your locker and locker area daily.

- Treat the facility with respect.
- Report anyone that damages walls, bathrooms, lockers, or other related areas.
- Profanity will not be tolerated at any time. Use words that do not denigrate anyone.

Injuries

Participating in competitive athletics may result in severe injury including paralysis or death. Changes in rules, improved conditioning programs, modern equipment, and medical coverage have reduced these risks. However it is impossible to totally eliminate such incidents from occurring.

Players may reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches and athletic trainer, following a proper conditioning program and inspecting equipment daily.

Procedure if You Are Injured

Report ALL injuries to your coach. They will file an Accident Report. Student athletes and parents should be familiar with RICE: Rest, Ice, Compression, and Elevation. Often the coach will recommend this as treatment for some injuries. The most important thing is to report your injury to the coach, who will make the objective decision of what should be done next. Additionally, you should consult your primary care physician whenever you have an injury.

Concussions/Head Injuries

CIF by laws state that a student who is suspected of sustaining a head injury in a practice or a game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives a written clearance to return to play from that health care provider who diagnosed the concussion. For more information on concussions, please see the Centers for Disease Control and Prevention website's concussion page at <http://www.cdc.gov/concussion/>

Equipment

All equipment issued to you belongs to AVUHSD, and Knight High School. Treat it with respect. You are responsible for it if it is lost, damaged, or stolen. So be sure to secure it at all times. This includes fundraising materials or money.

Dress

It is expected that student-athletes are dressed appropriately for practice and games. The NCAA rule of uniformity is applied to game situations, where everyone is dressed in uniform fashion, representing the team concept, and not individuality.

At practice, the head coach determines what the practice attire will be. This policy is to be respected while the student athlete is on the team. Students are expected to dress in their designated or enclosed area, and not in public.

Appropriate attire may include shorts, sweat pants, warm up pants, spandex pants, or any gear deemed appropriate by the Head Coach. Clothing that contains offensive or degrading graphics or words, are not allowed. Athletic shoes and socks are mandatory. Flip flops or any other non-athletic shoes are not allowed. No open toes shoes, sandals, dress shoes, or deck shoes are allowed. These only inhibit proper participation, and can be a danger to the student-athlete.

In areas deemed necessary for the protection of student athletes, including but not limited to the wrestling room, weight room, turf field, all shirts must cover the shoulders, in an effort to prevent the spread of bacteria and infections, including MRSA. A towel can be used to wipe away an area you have just occupied, and have left sweaty. Everyone must be fully clothed while in the facility. If you are arriving from practice, the appropriate clothing guideline must be followed.

Transportation

Games

- All team members are expected to ride with the team to and from contests.
- With prior permission from the athletic office, and a bus waiver on file, parents may drive their student athlete to and from a contest.
- Busses or school vans are arranged for contests by the athletics office.
 - Only school employees with current and proper paperwork filed and approved, may drive school vans.

Parental Role

Parents are vital to the Knight athletic program. There are high expectations for participation of parents in the athletic experience of student athletes at Knight. The partnership between coaches and parent is a key dynamic to the overall growth experience of the student athlete. As a parent, when your child becomes involved in our athletic program, you have a right to understand the expectations that are placed on your child. The most important part of this is a clear communication between the student athlete, coach and parent.

Communication Expectations from Parents to Coaches

- Concerns are to be expressed at the appropriate time (minimum 24 hours after an incident), in an office setting.
- Notification of any schedule conflict which may involve an absence from practices or a contest in advance.
- Your support of the program, and of all those involved in it.

Sports Agenda

Fall Sports (August – November)

<i>Sport</i>	<i>Coach</i>	<i>Email</i>
Girls Volleyball	Brandon Bell	andrew.bell@avhsd.org
Girls Tennis	Connie Stockemer	CStockemer@avhsd.org
Girls Golf	Danny Henderson	dlhenderson@avhsd.org
Cross Country	Daniel St.Andrew	dystandrew@sbcglobal.net
Football	Chance Tapia	Ctapia@avhsd.org

Winter Sports (November – February)

<i>Sport</i>	<i>Coach</i>	<i>Email</i>
Boys Basketball	Tom Hegre	Thegre@avhsd.org
Girls Basketball	Danny Henderson	dlhenderson@avhsd.org
Boys Soccer	Baltazar Mendez	bfutbol10@yahoo.com
Girls Soccer	Melvin Valladares	melvin.valladares@avhsd.org
Wrestling	Joe Susilla	jsusilla@avhsd.org

Spring Sports (February – June)

<i>Sport</i>	<i>Coach</i>	<i>Email</i>
Swimming	Jeanette Hjelm	jrhjelm@avhsd.org
Track & Field	Michael Derby	greenderb@sbcglobal.net
Softball	Tammy Zimmardi	tzimmardi@avhsd.org
Baseball	Shaun Bell	sbell@avhsd.org
Boys Volleyball	Joe Susilla	jsusilla@avhsd.org
Boys Golf	Danny Henderson	dlhenderson@avhsd.org
Boys Tennis	James Jutila	jjutila@avhsd.org